



Virginia
Crimes
Against
Children
Conference

VCACC

SEPTEMBER 30-October 2 2019
Hampton Roads Convention Center
Hampton, Virginia

cacva.org



Welcome!



Dear Colleagues:

P.O. Box 465
Roanoke, VA 24015
276-644-3371
cacva.org

The Children's Advocacy Centers of Virginia promotes and supports the development, growth and continuation of child advocacy centers and multidisciplinary teams across the state in their service to child victims of abuse and neglect.

Welcome to the 11th Annual **Virginia Crimes Against Children Conference** presented by the Children's Advocacy Centers of Virginia. This conference provides 46 workshops presented by national, regional, and state experts from the child maltreatment field. We are excited to be returning to the Hampton Roads Convention Center with lodging accommodations just a few steps away at the Embassy Suites Hotel.

This training is for all multidisciplinary professionals working in the child and family maltreatment field. Our goal is to provide quality training to all involved in the investigation, prosecution, evaluation, medical or mental health treatment capacity, as well as local, state and federal officials, and lawmakers committed to developing collaborative partnerships.

Thank you for joining us in 2019! Our hope is that you will leave here energized and with a renewed passion and commitment to your work, while having an opportunity to meet new colleagues, spend time with those you already know, and enjoy the Hampton Roads area and some of what it has to offer.

Wanda Ostrander, BSN, MBA
Executive Director

Maggie Cullinan, M.Ed.
Program Coordinator

Becky McDonald
Program Assistant

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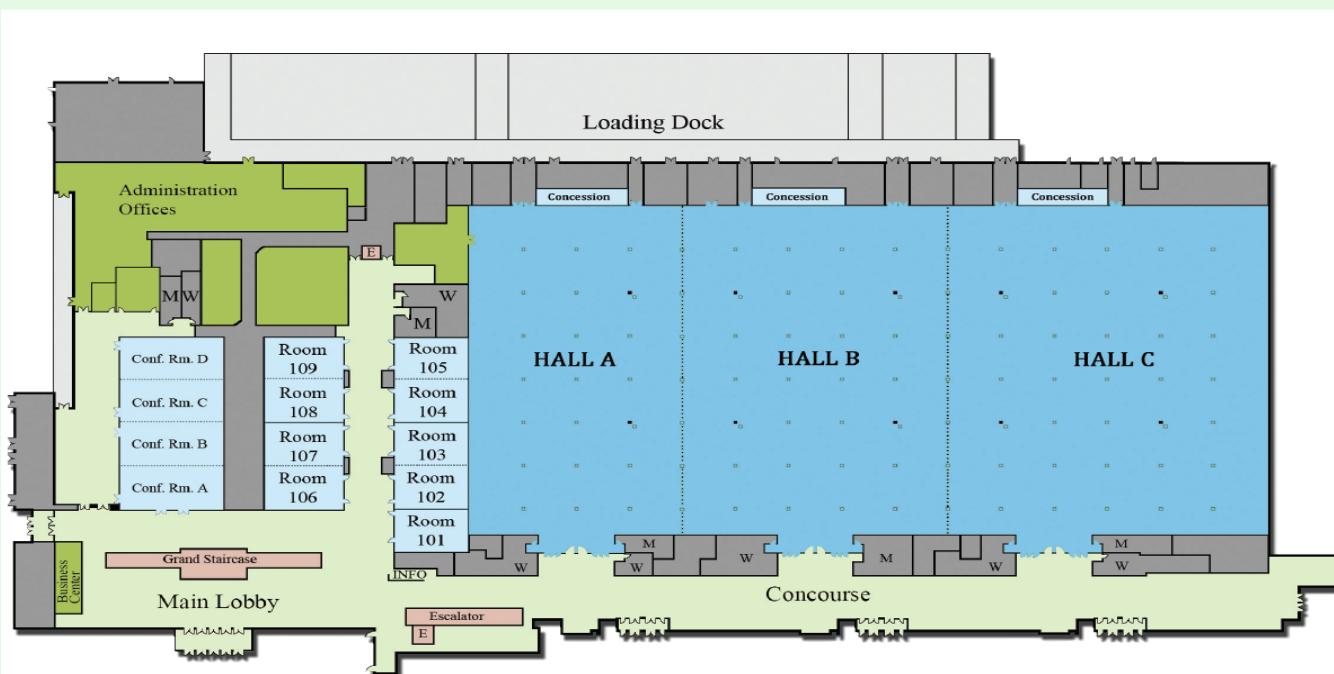


VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



CONFERENCE AGENDA AT A GLANCE...

MONDAY, SEPT. 30	TUESDAY, OCT. 1	WEDNESDAY, OCT. 2
8:00 AM - 4:30 PM Registration & Information Main Lobby pre-function area	8:00 AM - 4:30 PM Registration & Information Main Lobby pre-function area	8:00 AM - 11:45 AM Registration & Information Main Lobby pre-function area
8:30 AM - 10:00 AM Welcome & Opening Keynote Conference Room ABCD	8:30 AM - 10:00 AM Workshops HRCC breakout rooms	8:30 AM - 10:00 AM Workshops HRCC breakout rooms
10:00 - 10:15 (AM Break)	10:00 - 10:15 (AM Break)	10:00 - 10:15 (AM Break)
10:15 AM - 11:45 AM Workshops HRCC breakout rooms	10:15 AM - 11:45 AM Workshops HRCC breakout rooms	10:15 AM - 11:45 AM Workshops HRCC breakout rooms
11:45 - 1:15 (Lunch on your own)	11:45 - 1:15 (Lunch on your own)	Certificates of Attendance
1:15 PM - 2:45 PM Workshops HRCC breakout rooms	1:15 PM - 2:45 PM Workshops HRCC breakout rooms	
2:45 - 3:00 (PM Break)	2:45 - 3:00 (PM Break)	
3:00 PM - 4:30 PM Workshops HRCC breakout rooms	3:00 PM - 4:30 PM Workshops HRCC breakout rooms	



GENERAL CONFERENCE INFORMATION

Returning this year is our **mobile app** which allows easy access to all conference information.

Handouts: All handouts provided by speakers will be available on the mobile app.

Certificate of Attendance: A certificate of attendance will be provided electronically the week of October 14.

ADA: If you have special needs, please contact Maggie Cullinan at 276-644-3371.

Baskets: Come to the pre-function area to purchase your tickets for a chance to win! Cash or debit/credit card. Winners selected Tuesday at 4:30.

Trivia Game Night: Join us from 8:00-10:00 in the Mercury Ballroom of the Embassy Suites Hotel! Cash bar, prizes & networking opportunity.

11th Annual Virginia Crimes Against Children Conference

September 30-October 2, 2019 Hampton, VA.

CONFERENCE AGENDA

KEYNOTE



Do it Well, Make it Fun

- Ron Culberson, MSW, CSP, CPAE spent the first part of his career working in a large hospice organization as a clinical social worker, middle manager, and senior leader. As a speaker, humorist, and author of four books including, "Do it Well. Make it Fun. The Key to Success in Life, Death, and Almost Everything in Between," Ron's mission is to change the workplace culture so that organizations are more productive and staff are more content. He was the 2012-2013 president of the National Speakers Association and is a recognized expert on the benefits of humor and laughter.

September 30 SESSIONS

10:15-11:45 a.m.

MANAGING TO BE A GREAT AND FUN LEADER Conference ABCD

- Ron Culberson

Keynote speaker Ron Culberson leads a discussion about leadership success coming from creating confidence in those you lead while creating an environment that attracts and keeps good people. In order to accomplish this success, you must manage yourself, manage the people, and manage the culture. You create confidence by what you do and how you do it. The "what" refers to the skills you need to do your job well. The "how" refers to the values or manner in which you lead. Great leaders are not only skilled but embrace values that are respected by those around them. Next, you must create a culture that attracts the right staff and supports them so they stay. You can do this by making sure there is quality in all the processes that occur and that there is an element of fun as well. A work environment that is enjoyable is one that will be more productive.

HOW A SINGLE IMAGE CYBER TIP CAN DESTROY A CAREER: THE STORY OF CAPT. DONNY LEWIS JACKSON Room 102/103

- Inv. T.W. Payne, Hanover Sheriff's Dept., Internet Crimes Against Children (ICAC) Task Force, FBI Child Exploitation Force

This case study will discuss how a single image CyberTip from the National Center for Missing and Exploited Children (NCMEC) led to the arrest and prosecution of Donny Lewis Dixon, a Captain with the Chesterfield County Sheriff's Office. This workshop is suitable for all levels of investigative and case experience, with emphasis on how a case with one child exploitation image detected can turn out to be as important as cases with multiple images. The case also demonstrates coordination of multi-location search warrants and inter-agency assistance.

RELIGIOUS DIVERSITY AND CHILD SEXUAL ABUSE Room 104/105

- Lisa Fontes, PhD, Senior Lecturer at the University of Massachusetts Amherst

Religion influences child sexual abuse in many ways. This workshop focuses on how religious beliefs, practices, and community pressures shape families' willingness to participate in investigations and interventions. Participants are invited to describe their experiences and adaptations. Examples will be drawn from a wide range of religious groups.

TRAUMA AND MENTAL HEALTH CONSIDERATION IN VICTIMS OF SEX TRAFFICKING Room 106/107

- Amanda Gopal, MSW, LCSW, Executive Director, The Hundred Movement

Appropriate for all members of the multidisciplinary team, this training will provide an overview of trauma and its effects on the victim of sex trafficking including the impact on brain development and behavior. Specific strategies for mitigating the effects of trauma will be discussed as well as therapeutic modalities to treat victims in the clinical setting.

STRANGULATION INJURY IN CHILDREN Room 108/109

- Jeanne Parrish DNP, LNP, FNP-C, EMT-P Forensics Coordinator/Nurse Practitioner UVA Medical Center Forensics Team

This session will examine the literature and clinical studies of strangulation in children. Attendees will hear about current best practices for diagnosing and documenting strangulation.

September 30 1:15-2:45 P.M Sessions

A CRUCIAL PIECE: DEVELOPING, GROWING AND SUSTAINING A SUCCESSFUL ADVOCACY PROGRAM Conference ABCD

- Beth Eisenzimmer, Children's Trust of the Roanoke Valley

This session will move beyond the basics and assume attendees have a general understanding of the importance of advocacy, the advocate's role, and how multidisciplinary teams function. We will concentrate on expanding that knowledge through identifying the family's needs and ways to best streamline facilitation of services that are beneficial and efficient for each family, yet not duplicative. In securing these services, we will discuss linkage agreements and securing partnerships with agencies in the community, while maintaining accreditation standards. As MDT members, advocates play a critical role and we will examine the ways they support families by participating in MDTs and how to be an active, respected MDT member.

FAMILY FIRST PREVENTION SERVICES ACT: HOW IT MAY EFFECT YOUR WORK WITH CHILD VICTIMS Room 102/103

- Carl Ayers, MSW, Director of Division of Family Services, Virginia Department of Social Services

This workshop will focus on the historic passage of the 2018 Family First Prevention Services Act. During this workshop, attendees will learn more about what was included in the Act, development and integration of evidence-based practices in a statewide prevention program, changes to how children in foster care are cared for in group homes and residential treatment facilities through the establishment of Qualified Residential Treatment Programs. Additionally, the workshop will focus on Virginia's implementation efforts and the cross-collaboration that is occurring with the Department of Behavioral Health and Developmental Services, the Department of Medical Assistance Services and the Offices of Children's Services.

FORENSIC INTERVIEWS WITH FOREIGN LANGUAGE INTERPRETERS Room 104/105

-Lisa Fontes, PhD., Senior Lecturer at the University of Massachusetts Amherst

Interpreters make it possible to communicate across languages—but often misunderstandings prevail. This workshop is designed for forensic interviewers to understand and be able to make the best use of foreign language interpreters. This is a practical workshop full of tips and examples to improve cross-cultural communication in these sensitive interviews.

HE LOVES ME, HE LOVES ME NOT: UNDERSTANDING TRAUMA BONDS BETWEEN TRAFFICKERS AND VICTIMS Room 106/107

- Amanda Gopal, MSW, LCSW, Executive Director, The Hundred Movement

Trauma bonding is a counter-intuitive phenomenon in which a victim bonds and develops strong positive feelings toward his or her abuser. These bonds are common among sex trafficking victims and affect their ability to identify their own victimization, cooperate with law enforcement investigations, and refrain from going back into the life once they have left. This course will examine the formation of these bonds between traffickers and their victims through case examples, videos, and discussion. Strategies for breaking these bonds and helping victims psychologically separate from their abusers will also be discussed.

RECOGNITION AND EVALUATION OF ABUSIVE HEAD TRAUMA AND FRACTURES IN CHILD PHYSICAL ABUSE Room 108/109

- Robin Foster, MD, Medical Director of the Child Protection Team, Children's Hospital of Richmond at VCU

This work shop will discuss the incidence and presentation of abusive head trauma patients. It will discuss the current literature and the appropriate evaluation of these individuals. Fractures in children will also be discussed including common accidental fractures and fractures that are concerning for and consistent with child physical abuse.

3:00-4:30 P.M Sessions

TRANSFORMING CHILD WELFARE: THE SAFE BABIES COURT TEAM APPROACH Conference ABCD

- Darneshia Bell, Senior Technical Assistance Specialist, Zero to Three

ZERO TO THREE: Safe Babies Court Teams place a high priority on supporting birth parents in what we hope is a healing journey toward reunification with their young children. This approach is a community engagement and systems- change initiative focused on improving how the courts, child welfare agencies, and related child-serving organizations work together, share information, and expedite services for young children in the child welfare system. This session will focus on Adverse Childhood Experiences (ACEs), for the parents and children highlighting Infant Mental Health and working with parents who have experienced complex trauma.

HOW A SINGLE IMAGE CYBER TIP CAN DESTROY A CAREER: THE STORY OF CAPT. DONNY LEWIS JACKSON Room 102/103 (REPEAT)

-Inv. T.W. Payne, Hanover Sheriff's Dept., Internet Crimes Against Children (ICAC) Task Force, FBI Child Exploitation Force

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September 30 3:00-4:30 Sessions Cont.

PHYSICAL ABUSE, DISCIPLINE AND CULTURE Room 104/105

- Lisa Fontes, PhD., Senior Lecturer at the University of Massachusetts Amherst

This presentation explores the delicate and controversial line between corporal punishment and physical abuse, and how ethnic culture influences our work on these issues. Participants will learn practical techniques for helping families from all groups reduce their use of violent parenting with their children. Examples will be drawn from African American, European American, Somali, Latino, Asian, religious, and military families. In this workshop participants learn about some of the cultural and systemic issues that affect how Latino families respond to sexual child abuse, and to our investigations and interventions.

NO ONE DOES A PERFECT INTERVIEW: RESILIENCY IN FORENSIC INTERVIEWING Room 106/107

-Christina Rouse, MSW, Program Director/Forensic Interviewer Children's Trust of Roanoke

-Michele Thames, M.Ed., Executive Director/Forensic Interviewer, SafeSpot Children's Advocacy Center of Fairfax

This presentation is the culmination of years working in a system that is life changing and heart breaking all at the same time. Attendees will interact with other interviewers and discuss interviews that have linguistics difficulties, child development issues and children that can't tell us what happened even though we may know that something happened. The impact of this work is not apparent in the beginning of your career and the result of interviewing thousands of abused and neglected children isn't discussed regularly and openly. Presenters will address vicarious trauma and taking care of you not only in the workplace but also your personal life and tactics to ensure longevity in the field. in the abuse of children.

THE RECOGNITION OF CHILD PHYSICAL ABUSE: SOFT TISSUE INJURIES, BURNS AND ABDOMINAL INJURIES Room 108/109

- Robin Foster, MD, Medical Director of the Child Protection Team, Children's Hospital of Richmond at VCU

The workshop will review cases of soft tissue injuries burns and abdominal trauma and review common accidental injuries and nonaccidental injuries. Cases will highlight common soft tissue pattern injuries in bruising and burns and the mechanisms that cause these injuries. The affect of the child's age and development will also be discussed in terms of injury patterns

October 1 8:30-10:00 a.m. SESSIONS

TRANSFORMING CHILD WELFARE: THE SAFE BABIES COURT TEAM APPROACH

Conference ABCD (REPEAT)

- Darneshia Bell, Senior Technical Assistance Specialist, Zero to Three

ZERO TO THREE: Safe Babies Court Teams place a high priority on supporting birth parents in what we hope is a healing journey toward reunification with their young children. This approach is a community engagement and systems- change initiative focused on improving how the courts, child welfare agencies, and related child-serving organizations work together, share information, and expedite services for young children in the child welfare system. This session will focus on Adverse Childhood Experiences (ACEs), for the parents and children highlighting Infant Mental Health and working with parents who have experienced complex trauma.

BEHIND THE NET: USING TECHNOLOGY TO CORROBORATE CHILD DISCLOSURES Room 102/103

-Justin Fitzsimmons JD, Director, High-Tech Crime Training Services , SEARCH, The National Consortium for Justice Information and Statistics

In this presentation, the audience learns the importance of incorporating digital evidence into a Multi---Disciplinary Team (MDT) investigation. The presentation explains the different types of technology currently available. Attendees gain knowledge of specific examples and questions to interject into a forensic interview and learn the steps necessary to secure technological evidence.

COERCIVE CONTROL AND SEXUAL COERCION IN TEEN RELATIONSHIPS Room 104/105

- Lisa Fontes, PhD., Senior Lecturer at the University of Massachusetts Amherst

This workshop introduces the concept of coercive control and describes how it shows up in teen dating relationships. In this workshop, participants will learn about sexual coercion and its place in broader controlling strategies. We will discuss ways to help empower culturally diverse teens to resist control and coercion in their intimate relationships.

KNOCK AND TALK INVESTIGATIONS: MAXIMUM RESULTS WITH MINIMAL MANPOWER Room 106/107

-John Pirics, Detective, Hamilton County Metro Child Exploitation Task Force, Carmel, IN Police Department

This presentation draws from Detective Pirics' years of experience in child exploitation investigations that have been initiated by consensual contact (knock and talks). The presentation will provide successful techniques to gain and maintain consent, tips on maximizing the interview, methods for triaging knock and talk targets and overall strategies for the different types of situations and individuals encountered. This information will be blended with examples from actual cases, many of which have resulted in child rescues and significant sentences.

HUMAN TRAFFICKING OF YOUTH: THE EPIDEMIC Room 108/109

- Robin Foster, MD, Medical Director of the Child Protection Team, Children's Hospital of Richmond at VCU

This workshop will describe the face of youth trafficking. The epidemiology, risk factors and characteristics of trafficking victims will be reviewed. Screening tools protocols and state resources will also be discussed.

October 1 cont.
10:15-11:45 a.m. sessions

REACTIVE ATTACHMENT DISORDER: HOW TRAUMA REWIRES THE BRAIN Part 1 **Conference ABCD**

- Amy Swigart, M.S. *Inspiring Change Consulting, Butler, PA*

Attachment should be an inevitable part of life. However, for many children who experience trauma, this is not the case. Those who suffer from Reactive Attachment Disorder live a confused, superficial life at best. Youth who experience attachment issues are often diagnosed (or misdiagnosed) with conduct disorders, Bipolar disorders, and even burgeoning personality disorders. This seminar will provide skills on how to recognize the disorder, provide therapeutic interventions, and show how we can interrupt the trauma process.

OVERCOMING DEFENSES IN CHILD EXPLOITATION CASES **Room 102/103**

-Justin Fitzsimmons JD, Director, High-Tech Crime Training Services, SEARCH, The National Consortium for Justice Information and Statistics

There is no question that defense attorneys attack various aspects of child abuse investigations and prosecutions at trial. This presentation covers the most common defenses raised in child sexual and physical abuse cases. Attendees learn how the defenses are raised and are given strategies for defeating them. In this presentation, the audience learns the importance of incorporating digital evidence into a Multi-Disciplinary Team (MDT) investigation. The presentation explains the different types of technology currently available. Attendees gain knowledge of specific examples and questions to interject into a forensic interview and learn the steps necessary to secure technological evidence.

ENHANCING ACTIVE LISTENING SKILLS AND APPROPRIATE FOLLOW UP QUESTIONS **Room 104/105**

-Emily Rivera-Nunez, Forensic Interviewer, Children's Advocacy Center of Suffolk County, Massachusetts

Forensic interviewers often struggle with asking appropriate questions and fail to elicit accurate and detailed accounts of maltreatment required by the MDT. This interactive workshop examines strategies necessary to construct effective follow up questions and enhance forensic detail gathering.

PREDATORS IN SCHOOLS: THOUGHTS FROM AN OFFENDER **Room 106/107**

- John Pirics, Detective, Hamilton County Metro Child Exploitation Task Force, Carmel, Indiana Police Department

T. Darrell Hughes was a long term success as a school counselor and treatment provider for a school system in Indiana. After his apprehension for producing child pornography with multiple victims, he was convicted and agreed to participate in video recorded interviews about his criminal trade craft and previously successful methods to avoid detection. During the presentation you will hear a summary of the investigation and clips from Hughes' interview in an effort to clarify preventative steps that can be taken by parents, school staff, child protective services and law enforcement to help keep our children safe in the school environment.

LOVE THE ONE YOU'RE WITH—WORKING WITH TEEN VICTIMS **Room 108/109**

-Nicole Blumberg JD Assistant District Attorney and Deputy Bureau Chief at the New York County District Attorney's Office

Working with teen victims includes embracing those teen behaviors that can sometimes prove problematic in our cases. This session will explore the reasons for and the ways to explain those behaviors to our finders of fact.

1:15-2:45 p.m. sessions

ENGAGING THROUGH EMPATHY Part 1 **Conference ABCD**

- Nick Zadina, M.A. *Project Harmony, Omaha, NE*

Meet Dylan Sullivan, a single father with an eight year old son. You have been assigned to work with Dylan due to some of his son's aggressive behavior at school and obesity. When you contact Dylan for the first time he says "everything is fine" and all that he needs is financial assistance. Can you help? Designed for professionals who serve children and families, this course discusses the importance of empathy in engaging families while simultaneously assessing for needs. This experiential training utilizes scenario work to facilitate learning.

PROSECUTION OF CASES WITH LIMITED EVIDENCE **Room 102/103**

-Justin Fitzsimmons JD, Director, High-Tech Crime Training Services, SEARCH, The National Consortium for Justice Information and Statistics

This presentation defines and explores what is meant by "limited evidence." Attendees learn the importance of the medical examination, discuss when to call a medical expert, and are given examples of possible themes to employ in these cases. The presentation also discusses methods to approach and overcome obstacles in these complicated cases.

WHY FORENSIC INTERVIEWERS NEED TO TALK ABOUT GROOMING **Room 104/105**

-Emily Rivera-Nunez, Forensic Interviewer, Children's Advocacy Center of Suffolk County, Massachusetts

"Grooming" is often a significant element of child sex offense crimes. Learn forensic interviewing strategies for exploring the child's perception of and experiences with offender manipulation.

October 1 Sessions cont.

1:15-2:45 p.m.

ROAD BLOCKS-WHERE DO I GO FROM HERE? Room 106/107

- Jennifer Howe, Forensic Interviewer, Children's Hospital of the King's Daughters, VA Beach.
- Jenna Spagnuolo, Manager of Forensic Services, Children's Hospital of the King's Daughters, VA Beach

This workshop will provide attendees information on how to identify and respond to nondisclosure barriers that may present in the forensic interview. This interactive workshop examines how to move past these barriers while maintaining best practice and the integrity of the investigation.

OVERCOMING UNTRUE DEFENSES IN ABUSIVE HEAD TRAUMA CASES Room 108/109

- Nicole Blumberg JD Assistant District Attorney and Deputy Bureau Chief at the New York County District Attorney's Office

Understanding the common defenses in child sexual abuse cases is critical to ultimately successfully prosecuting the cases. This workshop will examine common defense tactics and defenses, including suggestibility, coaching, lying children and lack of evidence. A review of the current scientific literature will be examined to aid prosecutors and forensic interviewers with the winning arguments for the jury.

3:00-4:30 p.m. Sessions

ENGAGING THROUGH EMPATHY Part 2

Conference ABCD

- Nick Zadina, M.A. Project Harmony, Omaha, NE

Meet Dylan Sullivan, a single father with an eight year old son. You have been assigned to work with Dylan due to some of his son's aggressive behavior at school and obesity. When you contact Dylan for the first time he says "everything is fine" and all that he needs is financial assistance. Can you help? Designed for professionals who serve children and families, this course discusses the importance of empathy in engaging families while simultaneously assessing for needs. This experiential training utilizes scenario work to facilitate learning.

THE INTERNET OF THINGS: UNDERSTANDING AND USING IOT TO PROVE YOUR CASE Room 102/103

- Justin Fitzsimmons JD, Director, High-Tech Crime Training Services, SEARCH, The National Consortium for Justice Information and Statistics

This presentation defines and explores what is meant by "limited evidence." Attendees learn the importance of the medical examination, discuss when to call a medical expert, and are given examples of possible themes to employ in these cases. The presentation also discusses methods to approach and overcome obstacles in these complicated cases.

EXPERT WITNESS: HOW TO CERTIFY ONE AND HOW TO BE A BETTER ONE ON THE STAND Room 104/105

- Krista Fulton JD, Office of the Norfolk Commonwealth Attorney

This presentation will focus on the use of expert witnesses in the courtroom to present evidence regarding a victim's mental and physical injuries. The presenter will discuss: what the law requires for a witness to be declared an "expert witness," how to certify a witness as an expert, and what questions to expect if you are being called as an expert witness. Along with topical presentations, there will be a live example of an expert witness direct and cross examination.

REACTIVE ATTACHMENT DISORDER: HOW TRAUMA REWIRES THE BRAIN Part 2 Room 106/107

- Amy Swigart, M.S. Inspiring Change Consulting, Butler, PA

Attachment should be an inevitable part of life. However, for many children who experience trauma, this is not the case. Those who suffer from Reactive Attachment Disorder live a confused, superficial life at best. Youth who experience attachment issues are often diagnosed (or misdiagnosed) with conduct disorders, Bipolar disorders, and even burgeoning personality disorders. This seminar will provide skills on how to recognize the disorder, provide therapeutic interventions, and show how we can interrupt the trauma process.

INVESTIGATING CHILD DEATHS Room 108/109

- Nicole Blumberg JD Assistant District Attorney and Deputy Bureau Chief at the New York County District Attorney's Office

The cause of many child deaths is often not immediately obvious from an external examination of the body and an initial investigation. This session examines a number of child deaths that ultimately led to criminal charges to show why a complete investigation into the surrounding circumstances is necessary. The session will focus on investigating steps that should be taken in every child death case to preserve evidence.

October 2 Sessions 8:30-10:00 a.m.

READY, SET, CHANGE Part 1

Conference ABCD

- Nick Zadina, M.A., M.A. Project Harmony, Omaha, NE

In this training, we will explore the nature of change. We will review and practice motivational interviewing techniques of identifying and evoking change talk to create sustainable change with clients. This presentation aims to help forensic interviewers improve their skills and develop more tools to engage and obtain reliable information from preschoolers. We will discuss development of the 2-5 year old, language use, suggestibility issues, what questions to ask (and what not to ask), and how to reframe questions needed for the investigation. This training will use video examples, current research, and review cases that were successfully prosecuted. We will review how to effectively prep your interview, encourage the child, frame and prioritize questions, use comfort drawing, keep the child in the room, and know when to let them go.

ARON SMITH—A BITTORRENT CASE STUDY Room 102/103

- Sgt. Steve Anders, Bedford County Sheriff's Dept. SOVA ICAC

A case study of Aron Smith, a Virginia resident involved in the distribution of child pornography using the BitTorrent file sharing network. The session will cover Identifying methods offenders use to hide their illegal activity, the link between adult porn and child sex offenders and common defenses offenders use to justify or negate their involvement in child sex abuse material.

BUILDING A RESILIENT COMMUNITY AND BEYOND Room 104/105

- Lisa Wright, MSW, Greater Richmond SCAN CAC Trauma-Focused Treatment Program Coordinator

The Greater Richmond Trauma-Informed Community Network (TICN), convened by Greater Richmond SCAN (Stop Child Abuse Now), comprises diverse advocates who share a commitment toward the creation of a more trauma-informed and resilient community. With 346 members from more than 140 different public, private, non-profit, state and local government agencies. TICN committees in a diverse range of specialties support MDT members and work toward advancing and supporting trauma-informed practices and policies. Presenters will share key elements for building a trauma-informed community network, highlight the role of the CAC within a trauma-informed community, and share resources for those who wish to create a similar network within their community.

EDGE OF COMPASSION: STAYING WELL WHILE WORKING IN HIGH STRESS, TRAUMA-EXPOSED ENVIRONMENTS Room 106/107

-Donna Shanor, LCSW, LCDC, Tend Academy, Director of Clinical Social Work, University of Texas Dell Medical Center and UT Health Austin, Austin, Texas

We now have over two decades of research demonstrating that working in high stress, trauma-exposed professions such as criminal justice, youth diversion, child advocacy, community mental health, law enforcement and health care carries elements of risk to the care provider: compassion fatigue, secondary trauma and burnout can take a cumulative toll on us as individuals and as teams. What can professionals do to protect themselves and their teams from the difficult stories that they work with on a regular basis, limited resources and high volume of work, while still remaining effective and compassionate? Using the most recent research in the field, this session will explore assumptions about compassion fatigue and vicarious trauma, the organizational and personal barriers that professionals face in their daily lives and offer new and creative approaches to transforming these occupational hazards.

HIDDEN ABUSE: WHY NEGLECT IS MORE THAN MEETS THE EYE (FOR MEDICAL PROFESSIONALS) Room 108/109

- Larissa Hines, MD Child Abuse Pediatrician, University of Oklahoma

Child maltreatment is a medical concern that can affect any one of our patients. However, neglect is often misunderstood and misdiagnosed. Not only is it the most common form of child abuse, but also the most deadly! It also affected the long-term health of a child more than other form of abuse.

10:15-11:45 a.m. Sessions

READY, SET, CHANGE Part 2

Conference ABCD

- Nick Zadina, M.A., M.A. Project Harmony, Omaha, NE

In this training, we will explore the nature of change. We will review and practice motivational interviewing techniques of identifying and evoking change talk to create sustainable change with clients. This presentation aims to help forensic interviewers improve their skills and develop more tools to engage and obtain reliable information from preschoolers. We will discuss development of the 2-5 year old, language use, suggestibility issues, what questions to ask (and what not to ask), and how to reframe questions needed for the investigation. This training will use video examples, current research, and review cases that were successfully prosecuted. We will review how to effectively prep your interview, encourage the child, frame and prioritize questions, use comfort drawing, keep the child in the room, and know when to let them go.

THE EFFECTS OF PORN: TECHNOLOGY AND SEXUAL EXPLOITATION

Room 102/103

-Sgt. Steve Anders, Bedford County Sheriff's Dept. SOVA ICAC

This presentation explores the effects of pornography on the user, from the mental, emotional and physiological aspects. This includes early childhood exposure, setting of arousal patterns, normalization of deviant behavior, and fueling sexual abuse. Discussing the relationship between pornography use and the child sex predator, and the role of technology in the abuse of children.

10:15-11:45 a.m. Sessions cont.

RESILIENCY STRATEGIES FOR TEAMS Room 106/107

-Donna Shanor, LCSW, LCDC, Tend Academy, Director of Clinical Social Work, University of Texas Dell Medical Center and UT Health Austin, Austin, Texas

Research has shown that high-stress, trauma-exposed environments such as child protection and social services are unique work environments with increased risk for service provider burnout and stress-related illnesses. This session will present the Complex Stress Model and tools to assess the functional capacity of your teams. We will provide concrete tools to assist leaders in developing well-planned and secondary trauma-informed best practice strategies to support the team as a whole.

WHY ARE WE NEGLECTING NEGLECT? HOW TO IMPROVE INVESTIGATIONS (general session) Room 108/109

- Larissa Hines, MD Child Abuse Pediatrician, University of Oklahoma

This workshop will address the epidemiology and various types of conditions that constitute neglect, the signs and symptoms, and how to improve investigations through understanding why neglect is important in child maltreatment cases.

A MULTIDISCIPLINARY APPROACH TO LINK SERVICES FOR CHILD VICTIMS AND FAMILIES Room 104/105

Laurie Crawford MPA, Linking Systems of Care Program Manager

Stacie Vecchietti MSW, Training Specialist, Linking Systems of Care Program

Children and youth continue to experience trauma and/or victimization at alarming rates, and the systems charged with caring for them provide fragmented and ineffective responses for children and their families. Virginia is one of four states that has been funded by the Office for Victims of Crime to develop best practice strategies for better serving these young victims. Participants in this workshop will learn about resources and tools available to assist in the implementation of the Linking Systems of Care cross-model for the provision of trauma-informed services and referrals in their communities.

Speaker Bios

Sgt. Stephen Anders has been a law enforcement officer in the Commonwealth of Virginia since he started his career with the Bedford Sheriff's Office in 2006. He was assigned as a full-time investigator with the Southern Virginia Internet Crimes Against Children Task Force in 2008, and is currently the assistant task force commander, overseeing the daily operations of the task force, and coordinating with over 150 agencies that are part of the task force.



Carl Ayers joined the Virginia Department of Social Services as the Director of the Division of Family Services in July 2014. The Division of Family Services is responsible for the supervision of the Child Protective Services, Foster Care, Adoption, Prevention Services, Interstate Compact on the Placement of Children, Interstate Compact on Adoption and Medical Assistance and Title IV-E programs for Virginia. Prior to joining the Virginia Department of Social Services, Carl held a number of positions with local departments of social services. Most recently, he served as the Director of the Floyd County Department of Social Services from 2004-2014. Carl has more than 21 years' experience in the child welfare system. Throughout his distinguished career, he has held numerous leadership positions at the local, state and national levels. Presently, Carl serves as Chair of the Interagency Partnership to Prevent and End Youth Homelessness for the Commonwealth of Virginia and is on the Executive Committee for the National Association of Public Child Welfare Administrators. Carl is also a Board member of the Child Welfare League of America. He is leading Virginia's implementation of the Family First Prevention Services Act and he has led Virginia's Three Branch Initiative to reduce child fatalities and Virginia's statewide study involving Substance Exposed Infants with a focus on how Virginia can improve its response to children and families impacted by Substance Abuse. Carl holds a Bachelor of Social Work (BSW) and a Master of Social Work (MSW) degree from Radford University and is a graduate of the Virginia Executive Institute as well as the Commonwealth Management Institute.



Darneshia Bell offers over 27 years of experience working with young children. Her background includes intensive work with families in urban communities, years of experience as an Elementary School teacher and ultimately the development of a Pre-K 4 program. She is a graduate of the University of Central Arkansas with a BS in Early Childhood/Special Education. She joined Zero to Three as the Arkansas Community Coordinator for the Safe Babies Court Team in 2009. Bell has presented on the safety and wellbeing of infants and toddlers in child welfare on local and national levels, including: The National Birth To Three Institute; The Oklahoma Children in the Courts Annual Conference and Annual Child Abuse and Neglect Conference; The Maryland Divorce and Separation Roundtable; Arkansas Foster Parent Association Annual Meetings; ; Arizona's First Thing First Annual Conference and The Children's Defense Fund Annual Conference. She serves on the board of the Arkansas Association for Infant Mental Health, the State Fetal Alcohol Spectrum Disorders Taskforce and the Steering Committee for Project LAUNCH. She is also a member of the Invest Early Initiative, the Professional Development Leadership Team, the Judicial Improvement Committee, the Strengthening Families Coalition, AR NEST (AR Network for Early Stress and Trauma) Steering-Committee and Natural Wonders.

Nicole Blumberg, JD, is an Assistant District Attorney and Deputy Bureau Chief at the New York County District Attorney's Office. In her capacity as Assistant District Attorney, Ms. Blumberg is responsible for the investigation and prosecution of felonies from arrest through final disposition or trial, including gathering evidence, drafting complaints, indictments, motions and cooperation agreements. She has tried approximately 40 cases including murder, attempted murder, rape, kidnapping, assault, burglary, robbery, drug sale, larceny and other crimes. As Deputy Bureau Chief, Ms. Blumberg supervises 40 ADAs on the investigation and prosecution of all felony and misdemeanor cases.



Laurie K. Crawford, MPA, is Project Manager for Virginia's Linking Systems of Care for Children and Youth (LSC) State Demonstration Project, a state-level initiative supported by the Office for Victims of Crime which aims to develop a coordinated and trauma-informed response to identifying and linking services to children and youth crime victims. Prior to taking this position at the Department of Social Services, Laurie was a Program Manager at the Virginia Department of Health (VDH) for over nine years. Previously, she implemented the Project RADAR and Project Connect initiatives at VDH and has been responsible for statewide policy, training, and public awareness initiatives in criminal justice, public health and victim advocacy professionals for over 20 years. Laurie earned a BA in Psychology from UVA and a MPA from VCU.

Ron Culberson, MSW, CSP, CPAE spent the first part of his career working in a large hospice organization as a clinical social worker, middle manager, and senior leader. As a speaker, humorist, and author of four books including, "Do it Well. Make it Fun. The Key to Success in Life, Death, and Almost Everything in Between," Ron's mission is to change the workplace culture so that organizations are more productive and staff are more content. He was the 2012-2013 president of the National Speakers Association .



Beth Eisenzimmer is the Family Advocate Coordinator at Children's Trust/Child Advocacy Center in Roanoke, Virginia. Having joined the agency in 2010, she has spent the last 9-years developing, strengthening and implementing one of Virginia's strongest advocacy programs within a CAC. Initially serving as the only advocate for 3 primary jurisdictions with limited community mental health partnerships, Ms. Eisenzimmer has overseen the growth of the advocacy program to include 2 additional advocates serving a combination of 11 total jurisdictions out of the main office and 3 satellite offices. In recognizing the significant increase in need for mental health services, Ms. Eisenzimmer successfully created partnerships with 36 therapists across these 11 jurisdictions through linkage agreements that allow families to receive mental health services without experiencing a wait list. This program has been so successful that the CAC also receives requests from federal agencies to assist families in the area who are in need of mental health services. In 2012, Ms. Eisenzimmer became the handler of Children Trust's first facility dog, Elvis. Elvis participates in forensic interviews and provides a bridge between the need to gather information and the desire to support each child.



Justin Fitzsimmons is a Program Manager in the High-Tech Crime Training Services (HTCTS) department of SEARCH, The National Consortium for Justice Information and Statistics. He helps coordinate training with law enforcement agencies, prepares budgets, oversees the HTCTS project staff, and develops high-tech crime training projects for justice, public safety, and homeland security agencies nationwide. He also conducts legal, policy, and regulatory research, prepares white papers, and provides assistance and instructional services to justice, public safety, and homeland security agencies, particularly in digital evidence recovery, investigation, and prosecution. Before joining SEARCH in 2012, Mr. Fitzsimmons worked for the National District Attorneys Association, where he was Senior Attorney for its National Center for Prosecution of Child Abuse beginning in 2009.



Lisa Aronson Fontes, PhD, is an internationally recognized expert on cultural issues in child abuse and violence against women. She works as a researcher, activist, and author to protect the most vulnerable people from violence. She authored the books: *Invisible Chains: Overcoming Coercive Control in Your Intimate Relationship*, *Interviewing Clients Across Cultures*, and *Child Abuse and Culture* as well as numerous journal articles on cultural issues in child abuse and intimate partner violence. She is a Senior Lecturer at the University of Massachusetts Amherst. She has worked as psychotherapist, and has conducted research in Santiago, Chile. Dr. Fontes is fluent in Spanish and Portuguese. She is a popular conference speaker and workshop facilitator, and blogs for publications including *PsychologyToday*. Dr. Fontes completed a Fulbright Foundation Grant in Buenos Aires, Argentina.



Dr. Robin Foster is the medical director of the Child Protective Team at Children's Hospital of Richmond at Virginia Commonwealth University Health Systems which evaluates over a thousand alleged victims of abuse and neglect per year. She is an Associate Professor of Pediatric and Emergency Medicine and she was the medical director/division chief of Pediatric Emergency Medicine from 1997-2016. Robin received her undergraduate degree in chemistry at the College of William and Mary in 1985. She attended the Medical College of Virginia for medical school. She completed a pediatric residency at the Medical College of Virginia in 1992 and is board certified in general pediatrics. She completed fellowship in pediatric emergency medicine at St. Christopher's Hospital for Children in Philadelphia in 1996 and is board certified in pediatric emergency medicine. She is board certified in child abuse and neglect since 2011 after serving as the medical director for the Child Protective Team at Children's Hospital of Richmond for 25 years. She is one of the co chairs for a task force on Human Trafficking under the Virginia Hospital and Healthcare Association. She has participated in VA Childrens Justice Act/ CASA advisory committee. She has served on many nonprofit boards including YWCA, Prevent Child Abuse Virginia, Virginia Poverty Law Center, Richmond Midnight Basketball League, Richmond CASA, New Community School and Partnership for Families Northside Robins Foundation.



Krista Fulton is currently employed as a Deputy Commonwealth's Attorney for the City of Norfolk and is assigned to the Community Outreach and Education Team. She joined the office in August of 2006 and spent the majority of the first half of her career prosecuting violent crimes against children and domestic violence cases. In her current assignment, Krista oversees two satellite Victim Service Centers, designs and delivers educational outreach and collaborates with members of the community, service providers and businesses to proactively reduce crime. Krista earned her Juris Doctorate degree from Regent University School of Law where she graduated with honors. She completed her undergraduate education with honors at the Old Dominion University where she majored in Philosophy and Health.



Amanda Gopal is a Licensed Clinical Social Worker specializing in sexual assault, PTSD, and sex trafficking. She received her Masters of Social Work from Loyola University in Chicago and has worked in the mental health field for 10 years. Amanda is a trained EMDR therapist and is rostered in the state of North Carolina as a Trauma-Focused CBT clinician. Amanda is a national speaker and has provided numerous trainings on sex trafficking dynamics, clinical work with victims, and trauma informed interviews. She has a private practice in Asheville, NC where she provides trauma therapy to kids and adults. Amanda is also Executive Director of The Hundred Movement, a non-profit organization that engages faith communities in the after-care of victims of sex trafficking.



Dr. Larissa Hines, MD is a Child Abuse Pediatrician and Assistant Professor at the University of Oklahoma College of Medicine. She completed her fellowship in 2018 at the University of Utah. Her interests include educational curriculum development, ethics and dating violence. a graduating Child Abuse Pediatrics fellow at the University of Utah. She completed her residency in Pediatrics at the University of Oklahoma. She recently completed her Certificate in Pediatric Bioethics through Children's Mercy in Kansas City. Her special interests are in clinical ethics, reporting ethics and medical neglect ethics.



Dr. Jeanne Parrish is a doctoral-prepared nurse practitioner who specializes in Forensic Medicine. She currently oversees the Forensic Team at UVA Medical Center, where she cares for patients who have experienced child abuse (physical & sexual), elder abuse, domestic violence, strangulation, and sexual assault. She is also an appointed local medical examiner for the City of Charlottesville and the Counties of Nelson, Albemarle, and Buckingham. She is published and has done numerous presentations both regionally and nationally on forensics topics, especially strangulation in the setting of domestic violence.



Troy W. Payne is an Investigator with the Hanover County Sheriff's Office near Richmond, Virginia. Troy worked in the private sector prior to joining the Sheriff's Office in 2013. For the past 3 years, Troy has focused on special victim and child exploitation investigations both within his jurisdiction and as a member of the Southern Virginia ICAC Task Force and the FBI Child Exploitation Task Force (CETF). Troy received his undergraduate degree from the University of Virginia and a MBA from Averett University.



Emily Rivera-Nunez is a Bilingual Forensic Interviewer with over 18 years of experience working with children and adult survivors of childhood abuse. In her current position at the Children's Advocacy Center of Suffolk County, Ms. Rivera-Nunez conducts interviews of survivors of childhood abuse as well as routinely conducts interview involving child exploitation and technology facilitated crimes. Additionally, she serves as a mentor and supervisor to the interview staff in her current position. Ms. Rivera-Nunez is one of the moderators of the The Midwest Regional Children's Advocacy Center Spanish Speaking Peer Review which include Forensic Interviewers from across the country. Ms. Rivera-Nunez began her career as a Victim Witness Advocate in the Hampden County District Attorney's Office in Springfield, MA, before advancing to the Bilingual Multi-Disciplinary Team Coordinator/Forensic Interviewer conducting interviews in both Spanish and English. Ms. Rivera-Nunez worked as a Bilingual Forensic Interviewer for the Chicago Children's Advocacy Center prior to her current position.

Christina Rouse, MSW, is the CAC Program Director and Lead Forensic Interviewer with Children's Trust in Roanoke, Virginia. Christina has been working at Children's Trust for 11 years and has conducted over 1300 forensic interviews of children. She has completed several nationally recognized protocols in forensic interviewing and sits on seven Multidisciplinary Teams in Roanoke and the New River Valley. Prior to her current position, Christina worked as a Child Protective Service investigator in Radford, Virginia. While working at Children's Trust, Christina has served on the state chapter board for CAC's in Virginia filling the seats of Treasurer and President. She has also been serving as faculty for the ChildFirst forensic interviewing course in Virginia since 2012.



Donna Shanor is the Director of Clinical Social Work at University of Texas Dell Medical Center and UT Health Austin in Austin, Texas. She has experience working in interdisciplinary integrated primary care settings and is bilingual in English and Spanish. Donna has over 15 years of experience working with cross cultural issues, domestic violence, substance abuse, mood disorders, and trauma within the framework of individual, couples, family, and group work. She is a longtime member of the National Association of Social Workers and has been appointed by the University of Texas at Austin Steve Hicks School of Social Work as a University Field Affiliate. Donna has served on the Trauma-Informed Care Consortium of Central Texas since 2013 and has lead efforts in the implementation of becoming a trauma informed organization. She is also a Board Approved Clinical Supervisor in the state of Texas. Donna provides training on integrated care, compassion fatigue and compassion satisfaction to nonprofits, clinicians, educators and others in the helping profession. She has developed a strong interest in compassion fatigue, particularly with professionals in the helping profession who work with Spanish speaking clients or patients.



John Pirics has been a law enforcement officer with the Carmel Police Department for over twenty years. Over half of his career has been spent investigating crimes against children, and for the last several years he has been assigned full time to the Hamilton County Metro Child Exploitation Task Force. Detective Pirics has spoken often at the Dallas Crimes Against Children Conference, at the Colorado Organization for Victim Assistance in 2015, and at Gundersen National Child Protection Training Center's Violence Prevention and Intervention Summit for the past 3 years.



Amy Swigart is internationally recognized for her knowledge and experience addressing Reactive Attachment Disorder. Amy is a Behavioral Specialist Consultant and mental health therapist who consults for a number of placement facilities, juvenile courts, and programs. She is a probation officer with Butler County Juvenile Court Services and an instructor for the Juvenile Court Judges Commission for Pennsylvania. Her 30 years of experience has resulted in international recognition for providing therapy, education and consultation for Reactive Attachment Disorder, severe regressive behaviors and diagnoses on the autism spectrum.

The Juvenile Justice system has enabled Amy to gain experience as a Child Sexual Abuse Investigator, Adoption Specialist, Probation Officer and Chief Probation Officer. Amy has also been a foster parent supporting teen-age girls with severe emotional problems. While writing grants for Harrison County, Ohio, she received funding and developed eight programs that grew to support the mental health needs of youth across the state of Ohio. Amy's diverse background in both the juvenile justice and mental health fields gives her a wealth of knowledge and experience.

Michele Thames is the Executive Director of SafeSpot Children's Advocacy Center in Fairfax, Va. Michele holds a Master's Degree in Education from Cambridge College. She was previously the Supervisor of the Forensic Interview Program at the Children's Hospital of The King's Daughters Child Abuse Program in Norfolk, Virginia. Michele is a trained Forensic Interviewer who has conducted over 3,000 forensic interviews in a multidisciplinary team setting for local, state, federal and military agencies. Michele is a board member of the Children's Advocacy Centers of Virginia and faculty for ChildFirst Virginia.



Stacie Vecchietti, M.S.W. [she or they pronouns] is the Training Specialist with the Linking Systems of Care for Children and Youth Demonstration Project at the Virginia Department of Social Services. Stacie comes to this work as a queer-identified native of Virginia by way of Virginia Commonwealth University, the Peace Corps, being a parent, and 25 years years working in and around the anti-violence movement in both community-based programs/non-profits and state agencies.



Nick Zadina is a Training Specialist at Project Harmony and has been training professionals and students in the Omaha area for the past fifteen years. In his current position he trains educators, law enforcement, nurses, and professionals who work with children about collaboration, mandatory reporting, family engagement, and empathy. Prior to training at Project Harmony, Nick was the Artistic Director of the Respect organization, which utilizes theatrical programming to educate students about bullying and healthy relationships. He also worked at the Boys Town National Hotline as a crisis counselor. Nick has an MA in Theatre and is has nearly completed his MS in Counseling, each from the University of Nebraska at Omaha. Nick has trained at the San Diego International Conference on Child and Family Maltreatment, the National Symposium of Child Abuse, and at the Bullying Research Network conferences along with several statewide conferences.

CONTINUING EDUCATION

Continuing education credit for this event is co-sponsored by the Children's Advocacy Centers of Virginia and **The Institute for Continuing Education**. Continuing education credit is offered as listed below. The Conference offers a total of 15.00 contact hours. CE credit is issued on a session-by-session basis, with full attendance required at the sessions attended. There is no additional fee to receive continuing education credit. Application forms and other required CE materials will be available on site. CE verification is mailed to participants within 30-days of receipt of completed CE materials. If you have questions regarding continuing education, the program, grievance issues, or for a listing of learning objectives for sessions, contact *The Institute* at: 251-990-5030; instconted@aol.com.

Course Completion: *To receive CE credit, participants must complete CE forms, submit an evaluation form of the sessions attended, and sign in/out daily at designated locations.*

Questions: If you have questions regarding continuing education, the program faculty, grievance issues, or for a listing of learning objectives, comprehensive speaker bios, please contact *The Institute* at: 800-557-1950; email: instconted@aol.com.

Learning Objectives: For a listing of learning objectives by session, contact *The Institute* at: instconted@aol.com

Note: It is the responsibility of attendees to determine if CE credit offered by The Institute for Continuing Education meets the regulations of their licensing/certification board for CE credits.

Psychology: The Institute for Continuing Education is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content. Some sessions may not offer CE credit for psychology. Any non-credit sessions will be noted in the CE materials distributed on-site.

Counseling, MFT: This Conference is co-sponsored by the Institute for Continuing Education and the Children's Advocacy Centers of Virginia. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing education provider, No. 5643. The Institute for Continuing Education is solely responsible for this program, including the awarding of NBCC credit. Some sessions may not offer CE credit for counselors. Any non-credit sessions will be noted in the CE materials distributed on-site.

Social Work: The Institute for Continuing Education, Provider 1007, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org, through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Approval Period: 04-13-2018 - 04-13-2021. Social workers should contact their regulatory board to determine course approval for continuing education credits. Some sessions may not offer CE credit for social workers. Any non-credit sessions will be noted in the CE materials distributed on-site.

Nursing: The Institute for Continuing Education is an approved provider of continuing education in nursing by the California Board of Nursing, Provider CEP 12646. Nurses are responsible for contacting their state board to determine if credit issued through an approved provider of the CA Board of Nursing is accepted by their state board.

Some sessions may not offer CE credit for nursing. Refer to CE attendance logs that will be distributed on-site for non-credit sessions.

Skill Level: Beginning, Intermediate, Advanced

Non-Credit Events: CE credit is not offered for meal functions, and registration/ breaks.

Instruction Methodology: May include didactic, audio-visuals, demonstrations, experiential exercises, case examples, small and large group discussions.

ADA: If you require special accommodations, please contact: maggiecullinan.cacva@gmail.com

Law Enforcement: PIC-3 approval is estimated for 46 workshops

Legal: MCLE pending



PLACES TO VISIT:

Fort Monroe National Monument - for outdoor activities like walking & exploring the grounds from dawn to dusk. Miles of beaches - best for observing sunrises and sunsets. Volleyball at the Paradise Ocean Club.

Buckroe Beach - Bay front park with 3/4 mile of clean beach. Kayaks & paddleboats available for rental. North First Street, open 7:00a.m. to sunset.

Sandy Bottom Nature Park - Nature hikes/trails; fishing pier. 1255 Big Bethel Rd., sunrise to sunset.

Hampton Carousel - refurbished, 95-year old wooden horse carousel. Fee - \$1.00. Downtown Hampton, open until 8:00p.m.

THINGS TO DO:

Peninsula Movie Bistro - movies with in-seat service, dinner, drinks, bowling, billiards!! 4401 W. Claiborne Square at Peninsula Town Center.

Peninsula Town Center - shopping, restaurants....

FOOD & DRINK:

The Point at Phoebe in Hampton - Farm to table, prepared from scratch in house ensuring the best quality of flavor & freshness. Great selection of craft beer, spirits & signature cocktails.
30 E. Mellen St., 757-224-9299

Surf Rider - For many locals in the Tidewater area, Surf Rider is a name that has long been synonymous with terrific home-style cooking. 1 Marina Rd., 757-723-9366

Venture Kitchen & Bar - eclectic menu of pizza & tapas, as well as great salads & sandwichesand don't forget the cocktails! 9 E. Queens Way, 757-325,8868

The Deadrise Seafood Restaurant - traditional with a contemporary twist including daily fish specials & other seafood items, burgers, T-bone steaks & Smithfield pork chops along with a full bar & great selection of beer & wine. 11:00a.m.—10:00p.m. Located on Fort Monroe in the Old Point Comfort Marina. 100 McNair Dr. Bldg 207 above the marina, 757-788-7190.

Mango Mangeaux...a simply panache bistro - our menu is crafted from flavor infusions of three distinct cuisines: French. Creole. NeoSoul. 33 E. Mellen St., 757-224-9189

County Grill & Smokehouse - a family owned and operated restaurant group that specializes in smoked meats and homemade southern foods and sides. 26 East Mercury Blvd., 757-723-0600

For more information, visit www.visithampton.com or stop by the Hampton Roads Visitor Center booth on the first floor of the Convention Center.